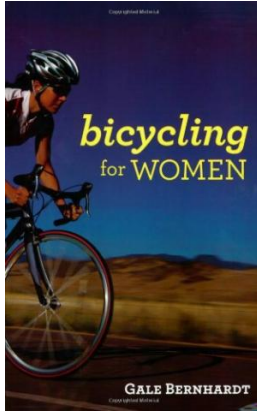


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BICYCLING FOR WOMEN



VeloPress. Paperback. Book Condition: new. BRAND NEW, Bicycling for Women, Gale Bernhardt, From bone structure to physiology to ageing patterns, women are different from men, yet most serious cycling books fail to take into account the particular concerns of female athletes. In "Bicycling for Women", cycling authority Gale Bernhardt discusses all things female for beginning and intermediate cyclists. Comprehensive and scientific, Bernhardt's presentation is up-to-date, smart, and easily understood. She addresses basic questions on bike fit, equipment, and training before moving...

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- Authored by Gale Bernhardt
- Released at -



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Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).
-- **Abe Reichel DDS**

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).
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